

## **HPISD Athletics Return to Sports Protocol**

### **August 12<sup>th</sup>-19<sup>th</sup> (Summer Strength/Conditioning & Sports Specific Skills)**

- HPISD will return to both Strength/Conditioning & Sports Specific Skills in-person beginning Wednesday, August 12<sup>th</sup> thru Wednesday, August 19<sup>th</sup>.
  - o Strength/Conditioning & sport specific skills are allowed Monday-Friday (**2 Hours Each Segment per UIL**) until we begin school on August 20<sup>th</sup> (Includes all sports).
  - o All strength/conditioning & sports specific skills will take place **before/after in-service**.
  - o All athletes will need to **complete the daily health screening** each day before participating.
  - o All athletes must sign the **HPISD participation statement** on Rankone.
  - o Athletes/Coaches must comply with all guidelines from UIL/TEA.
  
- Tryout Opportunities Allowed for – Cross Country, Girls Golf, Team Tennis & Volleyball
  - o **CC/Tennis/Golf** are year-round sports per UIL which means there is no definitive start/stop date to their seasons. Per **local decision**, UIL is allowing volleyball to complete tryouts prior to 9-7.
  - o Tryout dates can run from **August 12<sup>th</sup> thru September 4<sup>th</sup>**.
  - o Tryouts will allow teams to be set prior to the start of school which will help with **scheduling** for counselors. Eg. Athletes not making the team would need a schedule change.
    - We normally are allowed 10 days at the beginning of each semester to decide teams thru tryouts. If an athlete does not make the team, then counselors can change their schedule early in the 1<sup>st</sup> six weeks which has less effect academically.
    - If you wait to start tryouts on September 8<sup>th</sup> when we begin in-person school, athletes not making a team will need to have their schedules changed 5 weeks into the 1<sup>st</sup> six weeks which will have a negative effect on them academically.

### **August 20<sup>th</sup> (Virtual School Begins) thru September 4<sup>th</sup>**

- All strength/conditioning & sports skills will take place **before/after school** (Same time limits allowed).
- Coaches will use the virtual athletic period to take roll, meet, discuss workouts, etc.
- Tryouts permitted for: Baseball, Basketball, Soccer. Tryout dates can run from **August 20<sup>th</sup>-September 4<sup>th</sup>**.
- Workouts/Skills Times
  - o 6:00-7:45 AM
  - o 4:00-6:00 PM

### **September 7th**

Sports In-Season – Athletic period & 8 hours of practice per week.

Off-Season Sports – Allowed the athletic period and an additional 60 minutes after school.

### **Athletic Periods**

All athletes **will attend** their athletic period each day. If they are at home for school that day, time will be built in for travel to/from school to begin their next period.

### **Suggested Athletic Period Times**

**1st Period 6:30-8:30** (29 minutes shower/get to 2nd period or travel to home).

**4th Period 11:15-12:05** (20 minutes to travel from home to begin @ 11:20, 40 minutes to shower/lunch/get to 5th period or travel home) for 6th period).

**5th Period 12:10-1:00** (20 minutes to travel from home to begin @ 12:10, 40 minutes to shower/lunch/get to 7th period or travel home for 7th period).

**8th Period 2:55 - 3:45** (20 minutes to travel from home to begin @ 2:55).

## Facilities

### - Competition Venues

- Online ticket sales **only** for all sports ([www.HPQuikTickets.com](http://www.HPQuikTickets.com)). Tickets will not be sold tickets at the gate.
- Fans Inside/Outside Venues (Entry times/gates will be staggered/Immediate exit required after event).
- Spectators will be seated in pods to encourage social distancing. Groups must maintain at least 6 feet of distance at all times (entry, game, exit). Group defined as no more than 10 (family & those who traveled to the game together).
- All spectators are required to wear a mask.
- Hand washing stations and hand sanitizer will be readily available.
- Signage posted with messaging to not enter the stadium if COVID symptoms exist or have been exposed. Additional signage posted for social distancing, hand washing guidelines, etc.
- Restrooms & Concessions Protocol/Procedures
  - Total number allowed in restrooms limited for social distancing.
  - Stalls, urinals, sinks, blocked off for social distancing.
  - 6 Ft. Spacing Designations for Restroom & Concession Lines.
- Pressbox capacity limited (Staff, Scouts, Media) to allow for social distancing.
- Sidelines/bench areas for game participants (athletes/coaches) only.
  - Space athletes along sideline/bench to allow for social distancing.
  - Cheerleaders/Scotsmen positioned in endzone for Highlander, opposite team benches for basketball.
  - Media/photographers also positioned in endzone. Total number will be limited.
- Teams – Pre-game and post-game gestures of sportsmanship. Do not shake hands.
- Facility Cleaning
  - Pressbox (Highlander, Scotland Yard, Softball), scorer's tables for VB/BB sanitized prior to competitions.
  - Seats and rails in stadiums and gyms cleaned.
  - Official's locker rooms sanitized prior to competitions.
  - Equipment Disinfected
  - Cleanliness of Stadium/Gyms/Locker Rooms/Restrooms/Showers (Before/After Practices)
  - Hand Washing Stations, Hand Sanitizer, Foggers, Sprayers,
  - Visitor locker rooms sanitized prior to arrival of visiting team.

### - Locker Rooms/Team & Meeting Rooms, Weightrooms

- Social distancing protocols (6 feet) will be followed at all times while athletes are in restrooms, meeting rooms, team rooms, locker rooms, and weightrooms in all athletic facilities. This includes, but is not limited to, times when athletes are dressing and showering.
  - Reduced seating and capacity limits for team/meeting rooms to allow for social distancing.
  - Restrooms/Showers – Capacity limited to social distance (6 foot spacing stickers on ground).
- Locker rooms will not be available until **September 7<sup>th</sup>**. Teams will be able to access locker rooms for equipment distribution and locker assignment prior to September 7<sup>th</sup>.
- Plan for equipment distribution must follow all UIL/TEA protocols.
- Entrances – If possible, one-way hallways and one way entry/exit options.
- Coaches will develop routines before and after practices to ensure social distancing protocols will be followed.
  - Athletes will enter locker rooms in cohort groups after practices (position or alpha).
- Athletes use hand sanitizer when entering/exiting locker rooms, wash their hands/sanitize before and after all practices, and bathroom breaks.
- Athletes/Coaches will sanitize their locker space/desks daily.
- Hand washing guidelines posted in restrooms.

- Locker Rooms/Team & Meeting Rooms, Weightrooms Continued
  - o Athletes/Coaches are required to wear masks while in our locker rooms. Masks are not required when showering.
  - o Coaches will supervise all locker rooms to ensure our athletes are following the established safety guidelines.
  - o Lockers will be assigned to allow for social distancing by cohort/position group, class, or alphabet.
    - Eg. Lockers assigned in ordinal number sequence, five lockers apart ex. (1-5-10-15-20-25)

### Athletes/Coaches

- Place athletes in cohort groups of 2-15.
- Must provide their own labeled water bottle/jug. No shared food or drink.
- No shared clothing/towels.
- Masks/Gaiters are required when entering/exiting facilities & practice areas while **not actively engaged** in activity.
  - o **Gaiters** are only allowed at practice/games. Athletes and coaches must wear **masks** in the school building. Coaches may also wear face shields at practice if preferred.
  - o Athletes will be taught the proper way to put on/take off mask/gaiter.
- Wash hands frequently. Do not touch your face, no handshakes.
- Shower immediately following practices/contests.

### Practices

- Organized to allow for social distancing. Field/Gym diagrams.

### Bus Transportation

- Seating arrangements/limits to be determined.
- Use hand sanitizer prior to boarding the bus.
- Masks must be worn when traveling.

### Health

- Health Screening – 2 questions athletes answer daily thru September 7<sup>th</sup>.
- COVID
  - o Angela Glass, HPISD lead nurse will handle all procedures/protocols for positive COVID cases.
  - o After the required quarantine, all athletes must be cleared by a physician **prior** to returning to participation in UIL activities.

### Other

- Parent meetings are **virtual**. Parents **will not** be allowed to watch practice until September 7<sup>th</sup>.
- Only individual photos allowed at this point (**No Team Photos**).

## **HPISD Sports Medicine Return to Sports Protocol**

### **Standard Precautions**

Standard precautions are the minimum infection control practices that apply to all athlete care regardless of suspected or confirmed infection status of the athlete.

### **Hand Hygiene**

- All healthcare staff will be educated regarding appropriate indications for hand hygiene.
- Supplies necessary for adherence to hand hygiene such as soap, water, paper towels, and hand sanitizer are readily accessible to healthcare staff in ATR.
- Athletes entering the ATR shall use hand sanitizer before entering and again after exiting the athletic training room via sanitizer stations inside and outside the athletic training room door. Hand hygiene information is posted outside the athletic training room door.
- Hand hygiene is performed by staff at the following times:
  - Before contact with the athlete
  - After contact with the athlete
  - After contact with objects in the immediate vicinity of the athlete
  - After contact with blood, body fluids, or contaminated surfaces
  - After removing gloves

### **Risk management procedure for COVID positive athlete**

When returning to athletics after a positive COVID test, athletes must present a physician's release as they would with any other injury or illness that removed them from practice or play.

#### **Return to play considerations after mandated 10-14 day quarantine:**

#### **1. (+) Positive Test with symptoms: Full quarantine:\*\*\***

- a. Athletes must progress through a four stage gradual return.:
- i. Stage 1: 50% practice volume with ample rest intervals
  - ii. Stage 2: 75% practice volume with ample rest intervals .
  - iii. Stage 3: 90% practice volume with extra rest as necessary
  - iv. Stage 4: 100% practice, no restrictions

#### **2. (+) Positive Test w/o symptoms: Full quarantine:\*\*\***

- a. Athlete must progress through three stage gradual return:
- i. Stage 1: 75% practice volume with ample rest intervals
  - ii. Stage 2: 90% practice volume with extra rest as necessary
  - iii. Stage 3: 100% practice, no restrictions

\*\*\* Athletes who do not have severe or long lasting symptoms and are able to workout on their own through their quarantine may be subject to quicker return and discretion athletic training staff. The purpose of this RTP suggestion is to ensure athlete safety after such a long break from action

## HPHS Athletic Training Room Daily Routine

### Stadium ATR

- Entrance door will be the wide door at the top of the ramp. Exit will be double doors above steps
- Eight (8) athletes allowed at any given time.
- Athletes will remain in line down the ramp standing on individual markers until called.

### Gym ATR

- Four (4) athletes will be allowed at any given time
- One (1) athlete will wait at the top of the stairs when ATR is full. The next athlete will wait at the door between the gym and the stair hallway. Athletes will then wait in line 6 feet apart up the stairs into the bleachers as necessary

### Athletic Training Room Environment

- Everyone will wear a mask – no exceptions. If an athlete is unable to wear a mask due to health reasons they will be seen in an open-air environment or when the ATR is empty of other athletes.
- Every athlete is required to sign in using the QR code and google form.
- Every person entering the ATR will disinfect their hands at the station.
- Athletes will be seen on a first come/first serve basis. Exceptions will be made for triage cases.
- The bike will only be available for use in the ATR when directed by athletic trainers for specific rehab or concussion RTP completion.
- In person rehabilitation will be limited and all attempts will be made to delegate rehab to home exercise programs (HEP's) with periodic, scheduled check-ins, most likely to be done during practice time if athlete is unable to participate.
- Taping
  - Only acute injuries and those undergoing continued rehab and treatment will be taped.
  - Efforts will be made to provide bracing in lieu of taping when appropriate.

### With limited time and space the following treatment changes will be implemented:

- Thermotherapy
  - The use of hot packs to warm up will not be available unless directed
  - The use of warm whirlpools to warm up will not be available
- Cryotherapy
  - Athletes who need ice will be given an ice bag to go
  - No cold whirlpools will be used unless a heat emergency dictates
- There are many courses of treatments that will only be seen on case by case basis as determined by the athletic training staff:
  - Soft tissue manipulation
  - Blood flow restriction (BFR)
  - Normatec
  - GameReady
  - Electrical modalities
- Every table and piece of equipment used by athletes must be disinfected after each use
- Foam rolling/stretching happens outside of the ATR

## **Water Considerations**

### **Practice Indoors:**

- HPISD will not provide water bottles for athletes to share.
- Athletes should bring at least a liter of water that is either labeled with their name (preferably) or easily identifiable as theirs for an indoor practice.
- Athletes will be able to refill water if necessary during designated rest times.
- Gatorade water carts will not be left unsupervised during practice unless touchless spigots are attached to the cooler.
- Only gloved coaches or gloved student athletic trainers will be allowed to pour water into containers in a designated area.

### **Practice Outdoors**

- HPHS athletes should bring at least a liter (preferably more) of water that is either labeled with their name (preferably) or easily identifiable as theirs.
- Athletes will be able to refill water if necessary during designated rest times.
- Unless touchless spigots are available only gloved coaches or gloved student athletic trainers will be allowed to pour water into containers.

## **Middle School Policies & Procedures for Injury Evaluations**

Due to schedule accommodations for Covid-19 there may not be an athletic trainer at the middle school in the mornings until a normal school schedule resumes across the district.

Coaches must make an appointment with an athletic trainer for cases deemed necessary. Unfortunately, parents and students who walk-in will not be seen due to time and space constraints. Most appointments will be after school, normally 4:00 pm or later, once the after school rush has dwindled.

Parents and students need to check in for symptom and temperature checks. The ATR will try and utilize tele-conferences and video-conferences for most issues if possible. Parents and athletes must be masked. Once the MS athlete enters the ATR all policies and procedures mentioned above go into effect.